

W&OD TRAIL 5K

Saturday, March 28, 2009 - 4:00 pm

On Washington & Old Dominion Trail from Little Falls Street to Shreve Road and back
Start & finish at Masonic Lodge, 411 Little Falls Street, Falls Church, Virginia

Sponsored by

- Brown's Hardware - 703-532-1168
100 West Broad Street, Falls Church VA 22046
- Dogwood Tavern - 703-237-8333
132 West Broad Street, Falls Church VA 22046



arlington
cooperation
foundation

Enter early and save \$15 • Enter on-line at www.marathoncharitypartners.org/wod

- Course** • Scenic, mostly flat course on Washington & Old Dominion Trail from Little Falls Street to Shreve Road and back
- Pre-Race** • Packet pick-up 2:30 pm – 3:45 pm at Kemper-Macon Ware Masonic Lodge, 411 Little Falls Street, Falls Church, Virginia
- Timing** • By Arlington Cooperation Foundation's lightweight IPICO shoe tags – get your tag at packet pick-up – return it post-race
- Post-race** • Refreshments • **Awards** to 1st, 2nd, 3rd overall M/F and 1st, 2nd, 3rd by 10-year age-group M/F
- Benefits** • Boy Scout Troop 681, Boy Scout Troop 895, and Falls Church Education Foundation
- Open to all** • Runners and walkers welcome. Enjoy a lovely day on the W&OD Trail! See displays about the W&OD before & after race
- Directions** • From US 29 (Lee Highway) turn north on W. Jefferson Street and east on Little Falls Street. Parking is free
- Sponsors** • See www.marathoncharitypartners.org/wod or call 703-927-4833 or 703-819-7047 or write racedirector@att.net
-

W&OD TRAIL 5K • REGISTRATION FORM

Make checks payable to **ACF** • 611 South Ivy Street • Arlington VA 22204-2429

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Northern Virginia Regional Park Authority, USATF, Arlington Cooperation Foundation, Friends of the W&OD Trail, and all sponsors, their directors, officers, employees, agents, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that the organizers of this event may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender ☐ (M) ☐ (F) Age on 3/28/2009

Address _____ Birthday ____ - ____ - ____ (mm-dd-yy)

City ST ZIP _____ Phone ____ - ____ - ____

E-mail _____ T-shirt ☐ (S) ☐ (M) ☐ (L) ☐ (X)

Best 5K ____:____ Where? _____ Date _____

Will you be pushing a baby stroller? ☐ Yes (We welcome you! For safety, please start at the back of the pack)

Enclosed is my entry fee, payable to **ACF**:

Adults

☐ \$15 by February 28, 2009

☐ \$20 by March 19, 2009

☐ \$30 by March 28, 2009 (race-day from 2:30 to 3:45 pm)

☐ Enclosed is an additional tax-deductible donation

\$_____ to **ACF**

\$_____ to **TROOP 681**

High School Students

☐ \$10 by February 28, 2009

☐ \$15 by March 19, 2009

☐ \$20 by March 28, 2009 (race-day from 2:30 to 3:45 pm)

\$_____ to **TROOP 895**

\$_____ to **FCEF**